

the family doctor and the rural patient. In the same time, it highlights the efficient relationship between them, so that the therapeutic solutions will be the expected ones, with maximum efficiency.

Material and methods: The base of our study is a psychological method, named questionnaire, applied to a sample formed of 10 subjects – family doctors and 50 subjects – patients from the rural environment (60 in total).

Results: The processed data relate that a change in strategy is necessary as regarding the approach and communication with the obese patient, rural areas representing here a reference point.

Conclusions: Obesity is a serious problem of the modern society. It is important to inform people about this disease and to encourage them to follow a healthy lifestyle. The family doctor is the core of the health system therefore disease and the environment of origin should not be an impediment in the relationship between the two actors.

Key words: family doctor, patient, rural environment

17. THE IMPACT OF THE SPIRITUAL DIMENSION IN DETERMINING ANXIETY AMONG MEDICAL STUDENTS FROM TÎRGU MUREȘ AND CHIȘINĂU

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Background: Relying on faith during the stressful moments of the everyday life, is an extremely debated theme in many of the psychological and psychiatric books. Every time we face a strenuous or difficult moment in our lives that exceeds our physical or mental abilities, faith seems to be the most common way of overcoming stress, depression and the lack of meaning of our existence.

Objective: The purpose of this study is to evaluate the impact of the spiritual dimension in determining anxiety among medical students from Targu Mures and Chisinau.

Material and method: In order to accomplish this study we used the S.T.A.I. (State Trait Anxiety Inventory) and D.S.E.S. (Daily Spiritual Experience Scale) questionnaires, on a total of 211 students, of which 101 from Chișinău and 110 from Targu Mures. For the statistical results we used Graphpad.

Results: According to data analysis we reached the following results: there is a significant difference between the level of anxiety of the students from both universities ($p=0,0053$), but also a disparity concerning the students from the final years of medical school ($p=0,0103$). As far as the spirituality is concerned we noticed a significant difference only for the students from years 1-2 and 5-6 from Targu Mures ($p=0,046$).

Conclusion: Even though the level of spirituality is similar for the students from both universities, the degree of anxiety varies. The first two years of medicine at both universities go with an equivalent level of anxiety, while in the final years a significant difference can be observed. The variation of spirituality for the two categories of students varies only in Targu Mures, while in Chișinău the rates do not change.

Keywords: students, spirituality, anxiety, S.T.A.I., D.S.E.S.

18. BIOMEDICAL ETHICS COMMITTEES IN ACTIVITY PRACTICAL AND THEORETICAL ASPECTS

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Introduction: Purpose theme in this thesis is to examine the place and role of ethics committees, the effectiveness of their work in the area of public health in the country, will also be determined by the specifics of these committees in various branches of practical medicine. Topicality is determined by the fact that until now have not been fully overcome or removed some defects of medicine - lack of responsibility, careless attitude or attempted fraud and scam. These adverse events causing adverse